

About NCADA

Since 1965, NCADA has been the place to turn for individuals and families needing information and help with alcohol, other drugs, and related problems. NCADA is a United Way member agency and a certified prevention agency of the Missouri Department of Mental Health, Division of Alcohol and Drug Abuse.

In addition, NCADA has been designated by the Missouri Department of Economic Development as a Youth Opportunities Program provider. The Agency also meets the 20 Better Business Bureau standards for charity accountability.

For nearly 30 years, NCADA has been the primary provider of substance abuse prevention services to young people in the greater St. Louis area. Through its more than 30 prevention programs, NCADA serves 15,000 students annually in over 150 schools.

For more information or to schedule other NCADA programming, contact your SPIRIT teacher or one of our two offices:

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St. Louis, MO 63144
314-962-3456

1723 Pennsylvania Avenue
St. Louis, MO 63104
314-664-7550

www.ncada-stl.org



Major support for NCADA prevention programs is provided by:

- Cardinals Care
- Clifford Willard Gaylord Foundation
- Emerson
- Employees Community Fund of Boeing St. Louis
- Enterprise Rent-A-Car Foundation
- Franklin County Community Resource Board
- Joseph H. and Florence A. Roblee Foundation
- Missouri Department of Economic Development, Youth Opportunities Program
- Missouri Department of Mental Health, Division of Alcohol and Drug Abuse
- Missouri Foundation for Health
- Sumner Group
- United Way of Greater St. Louis

Missouri SPIRIT



A Program of
**National Council on
Alcoholism and Drug Abuse-
St. Louis Area (NCADA)**



funded by
Missouri Department of Mental Health
DIVISION OF ALCOHOL AND DRUG ABUSE



What Is Missouri SPIRIT?

Missouri SPIRIT is a comprehensive program designed to prevent alcohol and other drug abuse among Missouri youth. SPIRIT is funded by the Missouri Department of Mental Health, Division of Alcohol and Drug Abuse (ADA). This State agency contracts with five organizations across Missouri to implement substance abuse prevention programming in one school district in their geographic area. In eastern Missouri, ADA funds the National Council

on Alcoholism and Drug Abuse – St. Louis Area (NCADA) to implement SPIRIT in the Ritenour School District.

What Do Students Learn in SPIRIT?

SPIRIT students learn and practice skills that reduce the risk that they will become involved with alcohol and other drugs. These skills, often called resiliency skills, include making friends, managing anger, problem solving, handling bullies, resisting peer pressure and making healthy decisions. Students also learn about specific drugs and their effects.



Why the Ritenour School District?

The Missouri Division of Alcohol and Drug Abuse in conjunction with the Missouri Department of Elementary and Secondary Education sought five school districts across Missouri to serve as pilot schools for the SPIRIT program. In the greater St. Louis area, the Ritenour School District was interested and willing to serve in this capacity. As time passes, it is the hope that this kind of programming can be expanded to other districts throughout the state.

How Does the SPIRIT Program Work?

Student Programs

Substance abuse prevention programs for students include:

Curriculum

- A 21-lesson curriculum for grades 4 and 5
- A 9-lesson curriculum for grades 6, 7 and 8
- A 12-lesson curriculum for grade 9

Skills Groups

The SPIRIT teacher meets with 4-10 same-age peers for 8-12 weeks. Groups focus on learning and applying specific skills, such as managing anger, dealing with bullies, making friends, and resolving conflict.

Parent Meetings

Parent meetings can be scheduled for 30 minutes or more, depending on the interests of the group. Topics include, but are not limited to:

- Bullying: Whose Problem Is It?
- Building Assets in Youth
- Drug Specific Information
- Energy Drinks
- Prescription Drugs
- Raising a Child's Self Esteem
- Signs & Symptoms of Substance Abuse
- What's Going on Today with Kids and Drugs?
- Inhalants

Teacher In-Services

Training formats are flexible, vary in length, and are tailored to meet the needs of each group. Topics include:

- Bullying: Strategies to Address Bullying Behavior
- Conflict Resolution
- Creating a Peaceful School
- Dealing with Difficult People
- Drug Specific Information
- Energy Drinks